



Aerobic training study enrolling now

Researchers at the University of Kentucky College of Education are inviting you to be in an aerobic training study measuring fatigue, heart rate and VO₂. Participants will engage in measured workout activities while researchers monitor heart rate and fatigue.

This study will include nine visits, with each visit separated by 24-48 hours.

You may be eligible if you:

- Are between 18 - 40 years old.
- Have at least 6 months of aerobic training experience
- Do not have cardiovascular disease, pulmonary disease, heart disease, or musculoskeletal disease.

For more information, please contact:

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